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MILWAUKEE COUNTY TOPS NEWSLETTER

June 14, 2010

**LEADERS: PLEASE COPY AND DISTRIBUTE TO EACH MEMBER
AND ALSO READ AT MEETING**

“There is a fine line between an irresistible impulse and an impulse not resisted.”
- Dr. Phil McGraw

Dear TOPS Chapters of Milwaukee County:

IRD 2011: Has your chapter created a special fund to use toward your member registration fees for IRD in Milwaukee next year? One chapter has a piggy bank set out at each meeting for members to voluntarily add to it when especially inspired, some drop change in after paying dues or fines, occasionally a quick fund raiser can supplement it. We really want EVERYONE to attend IRD next year right here in your “back yard,” no travel or hotel expense makes it really affordable for all. Here is a fun and effective way to bolster your chapter treasury:

FUND RAISER - PURSE AUCTION

This is a fun and profitable fundraiser for any chapter treasury. Whether to help buy a new digital scale, defray members' SRD or IRD expenses, or simply for general expenses such as rent and prizes, everyone loves an auction! Schedule the fundraiser for a future meeting, and ask chapter members to donate a purse, whether it be old or new, funky or fashionable, the more kitschy the more catchy. Men, you too can participate. The purse is to contain something of value, either new or used, but in good condition, which will be a surprise for the highest bidder AFTER they have purchased the purse, contents unknown. Select a willing soul to serve as auctioneer, hold up each purse and start the bidding. It's amazing how well received this is!

Some content suggestions:

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| Pen and note pad | Food journal | Brooch or earrings |
| Money | Magazines | Refrigerator magnets |
| Puzzle books | Deck of cards | New greeting cards, stamps |
| Novel | Candles | Toothpaste and brush |
| Cassette or CD | Green tea packets | Exercise video |

HEALTH AND FITNESS: There is a Mayo Clinic website that has much information on diet and exercise and various health issues from which we can all benefit. Check it out at www.mayoclinic.com and click on *HEALTHY LIFE STYLE*.

Remember, every food and exercise decision is a step toward or a step away from wellness.

Call me if you need me . . . 414.744.4645. I WILL get back to you!

**Roe WiersGalla
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